

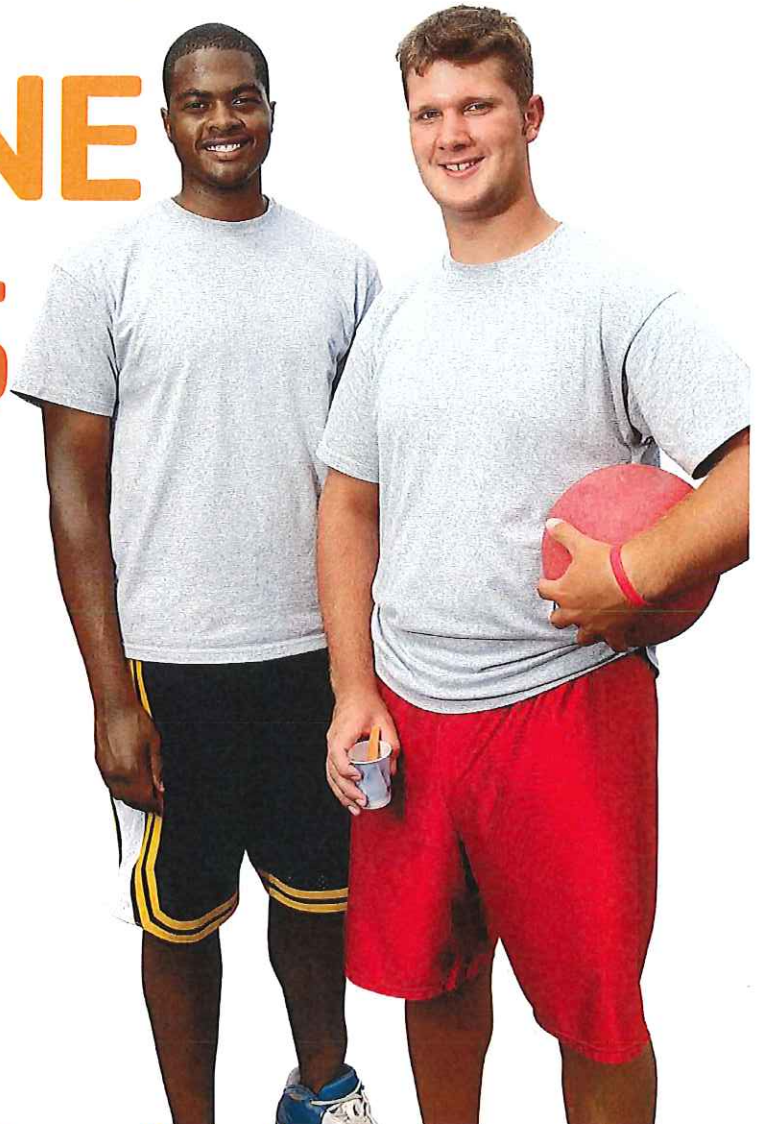


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



EVERYONE BELONGS HERE!

Corporate
Partnership
Memberships 2016



YMCA of the Cedar Rapids Metropolitan Area

Benefits of YMCA Membership



Whole family can play together! Enjoy Family Nights.

Over 180 fitness classes, group exercise and water exercise classes are included at no extra charge.

Reduced (member) rate for all programs, including sports, childcare, day camp and more.

Lunchtime pick-up games (basketball & volleyball).

FREE Child Watch services while working out.

Join one branch – Join all branches.

AWAY program (Always Welcome at YMCAs): when on vacation visit other Ys for FREE (or reduced) charge.

Youth and Adult Sport Leagues.

Racquetball Courts and saunas at the Helen G. Nassif (downtown) branch.

Full-size pools and whirlpools at Helen. G. Nassif, Marion and Stoney Point branches.

Water walking/Lap swimming. Generous Open Gym and Open Swim times.

Well-being programs, such as the LIVESTRONG cancer survivor program, diabetes prevention, personal training, massages and more.

Personal lockers available. Be sure to bring your own lock.

YMCA Membership Cost for Company Employees

15% Discount Membership Rates		
Type	Annual	Monthly EFT Payment
Adult (19-64)	\$ 637.50	\$ 56.53
1 Adult Household	\$ 790.50	\$ 69.70
2 Adult Household	\$ 956.25	\$ 84.15
3 Adult Household	\$ 1,122.00	\$ 98.60
Couple Household	\$ 871.25	\$ 77.35
Active Older Adult	\$ 535.50	\$ 48.03
Joiner Fee: Single \$50; Household: \$75		

For State Employees: Joiner Fee is always waived during October and for new employees during first 30 days of employment.



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JOIN HERE... IT'S GOOD FOR THE HEART

FREE – Try the Y Week!

Did you know your company has a great partnership with the YMCA?

Here's how it works:

- Visit and use any YMCA branch during your company's Try the Y Week.
- Fitness classes and group exercise are included!
- Bring a photo ID and this pass...that's it!
- Join during your company's Try the Y Week and pay \$0 Join Fees!



**Questions about rates & what membership includes?
Visit crmetroymca.org**

The Cedar Rapids Metro YMCA's Corporate Partner 'Try the Y' Guest Pass

For Employees of: State Employees
Try the Y Week: Monday, June 20 through Sunday, June 26, 2016
Employee Name: _____
Home Phone: _____
Cell Phone: _____
Email: _____

Children must be accompanied by an adult. Photo ID required for all guests.

**Pay NO JOIN FEES
during your Try the Y Week!**